

## Cleaning & Care

### Care

If after wearing the EMA appliance your bite feels off for more than a few minutes, be aware that this is due to the temporary shortening of some of your smaller jaw muscles. Chewing sugar free gum for five or ten minutes can restore your bite. If your bite still feels off, call your dental office.

### Daily Cleaning the EMA appliance

- ✓ Brush and floss your teeth before placing your appliance in your mouth.
- ✓ Clean your appliance before and after every use in lukewarm water (not to exceed 45°C/113°F) and soap to remove remaining saliva and debris from the device.
- ✓ Rinse the appliance well prior to use with clean warm water
- ✓ Ensure to dry your appliance prior to storing it in the case to prevent bacterial growth

### Using Cleaning Agent

- ✓ For periodic removal of debris and maintenance, you can use any mild cleaning agents designed for oral devices. If needed, use a soft bristle brush to clean the inside of your appliance for debris removal. Some of the validated cleaning agents include Polident, Efferdent and 3% peroxide solution

### Cautions

- ✓ DO NOT SOAK your appliance in any liquid for more than 1 hour
- ✓ DO NOT SOAK the appliance in water hotter than 45°C/113°F due to risk of warping the device
- ✓ DO NOT USE abrasive cleaning agents (i.e., toothpaste) as it can shorten the life of your appliance.

### Call your Dental office

- ✓ If your bite still feels off
- ✓ You experience severe pain in either of your temporomandibular joints (TMJ)
- ✓ Your appliance becomes loose and comes off your teeth too easily
- ✓ Your teeth remain sore for more than a half hour after removing the appliance
- ✓ You develop any sore areas on the soft tissues of your mouth